

# The Krier



## Krapohl Senior Center Wellness in Aging Begins Here



Phone 810-785-2270

fax 810-785-9973

email: [krapohlcenter@heartscs.org](mailto:krapohlcenter@heartscs.org)

Web: [www.heartscs.org](http://www.heartscs.org)

Facebook:

[www.facebook.com/KrapohlSeniorCenter](http://www.facebook.com/KrapohlSeniorCenter)

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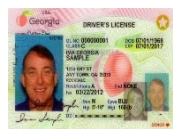
### A Publication of the Heart of Senior Citizen Services

Do you know that  
Michigan Secretary of State  
has a Mobile office and it is  
coming to Krapohl Senior Center

**Wednesday, April 24, 2024**

**Time:** 10 am to 3 pm

Anyone 50 years old or over can book a visit to complete your Secretary of State transactions including:



Renew Driver's  
License or ID  
Enhanced License  
Real ID



Transfer Title  
License Plate Tabs



Apply for/renew  
disability placard

**Please call to schedule your visit during this Mobile Office event,  
Contact Krapohl at 810-785-2270 for more information.**

## Join State Representative Jasper Martus

Krapohl Senior Center is hosting a Coffee Hour with Rep. Jasper Martus. This is a great way to ask questions, voice concerns and receive updates on the latest news in Lansing and our district.

**The upcoming coffee hour will be held:**

**Date:** Friday, April 12, 2024

**Time:** 10:00 - 11:00 a.m.

**Location:** Krapohl Senior Center

It is important to our office that community members and neighbors are always able to share their thoughts and concerns with me, so we hope to see you there! If you have any questions, please do not hesitate to reach out by email at [JasperMartus@house.mi.gov](mailto:JasperMartus@house.mi.gov) or by phone at (517) 373-1786.



Dinner served after  
show.

Swiss Steak  
Mashed Potatoes  
and Gravy  
Green Beans  
Dessert

**Ladies in Red Annual  
Fashion Show**

Friday, April 19, 2024

Doors open at 5 pm  
Show begins at 5:30pm

Door Prizes

Refreshments

Tickets  
\$15.00 per person

Location:  
Krapohl Senior Center  
5473 Bicentennial Dr  
Mt. Morris MI 48458

Contact us  
810-785-2270

Tickets available at  
the center  
RSVP by April 15, 2024

## Ladies Indulgence Day

**Enjoy a day of fun and pampering!**

Choose from a variety of different vendors, including:  
Psychic Readings, Massage, Color Street, Jewelry, Haircuts  
and more.



**Date:** Saturday, April 13, 2024

**Time:** 11 am - 4

**Admission:** \$5.00

**Lunch:** \$5.00

**Pop and water:** \$1.00

**Readings:** \$25 cash \$30 credit card

Call 810-785-2270 for more information.

## Obituaries

Our thoughts and prayers are with the family and friends of our following friends who recently passed away.

Stanley "Stu" Allard March 14, 2024

Please let the Krapohl Center know when one of our friends pass away. We try to catch notices in the newspaper but unfortunately can miss a few.

## Memorial/Tribute Donations

Memorial donations made to the Heart of Senior Citizen Services – Krapohl Center, help to provide funding for activities and services which assist seniors in remaining independent. As a non-profit organization, your donations enable these activities and services to be provided at little or no cost. What a wonderful way to remember those who meant so much by helping to provide for those who still care.

If you would like to make a Memorial Gift donation to the HSCS – Krapohl Center, on behalf of a friend or loved one, please mail (or drop off) your donation to Krapohl Center.



Handmade cards can lift the human heart and spread happiness. We are looking for people who like to make cards. Everything is supplied for you. If you have never made a card, we will show you how.

We will make handmade cards in the needed themes, (blank inside) We then send them to Cards for Kindness, and they distribute the cards to cancer foundations, hospitals, shelters, retirement homes, children's homes, and other organizations in need. The cards are used by nurses, doctors, staff members, counselors, parents, and volunteers who add handwritten messages of encouragement and love before giving them to patients, children, and other people in need.

Many of these cards will become very special mementos that will be kept and cherished for years or even decades to come.

Date: Monday, April 15, 2024

Time: 1 pm - 3 pm

**Please call 810-785-2270 to register for the class, so we can have enough supplies.**

## Save the Date!!

Coffee Hour w/ Rep. Jasper Martus	April 12, 2024
Ladies Indulgence Day	April 13, 2024
Ladies in Red Fashion Show is Back	April 19, 2024
Michigan Secretary of State	April 24, 2024
Lookin' Back Tribute to Bob Seger	May 10, 2024
Car Show/Greenhouse Opens	May 18, 2024
Senior Power Day	May 22, 2024
Appraisal Event	June 8, 2024
Genesee County Office of Senior Services Shredding Day	June 26, 2024



## Senior Winter Games

### 2024 Final Results

### Krapohl Medalists

Pie Eating	Sharon Huntley	Bronze
Darts	Sharon Huntley 70-79	Gold
	Judy Spencer 80+	Silver
Yahtzee	Sharon Linton	Silver
Pinochle	Johnnie Sue Petrich	Gold
Paper Arts & Crafts	Sharon Linton	Silver
Woodworking	Johnnie Sue Petrich	Silver
Wood Carving	Rodney Laurin	Bronze
Painting	Ken Sies	Bronze
Metal/ Glass	Johnnie Sue Petrich	Gold
	Rodney Laurin	Silver
Jewelry	Rodney Laurin	Bronze
Frisbee Toss	Sharon Linton 70-79	Gold
	Sharon Huntley	Bronze

**CONGRATULATIONS TO ALL**

## Senior Power Day Wednesday, May 22, 2024

9 am – 2 pm Crossroads Village 6140 Bray Rd.

Tickets: \$5.00 Call Krapohl at 810-785-2270 for tickets and to sign up for you spot on the bus.

## Looking for some help with your home repairs?

### Joins us as Nicole tells about the Urgent Repair Program and Home Improvement Program

Genesee County offers two repair programs to eligible low to moderate income residents through no interest, no payment loans. The Urgent Repair Program repairs or replaces of one the following components: roof / furnace / well / septic system / municipal water hook-up. The Home Improvement Program offers whole-home repairs based on HUD Housing Quality Standards for items like roofing, electrical, windows, insulation and more. Learn more and apply at <https://gcmpc.org/need-housing-repairs/>.

**Date:** Tuesday, April 9, 2024

**Time:** 12:45 pm

**R.S.V.P** by Monday, April 8<sup>th</sup> by calling 810-785-2270

**SPRING WHEELS  
CAR SHOW**  
Saturday May 18th  
10 am - 2pm

Door prizes

Music by DJ Marc

Calling all Car Enthusiasts!  
Join us for a day of cool cars, good music and food!

50/50 drawing

Free to the Public

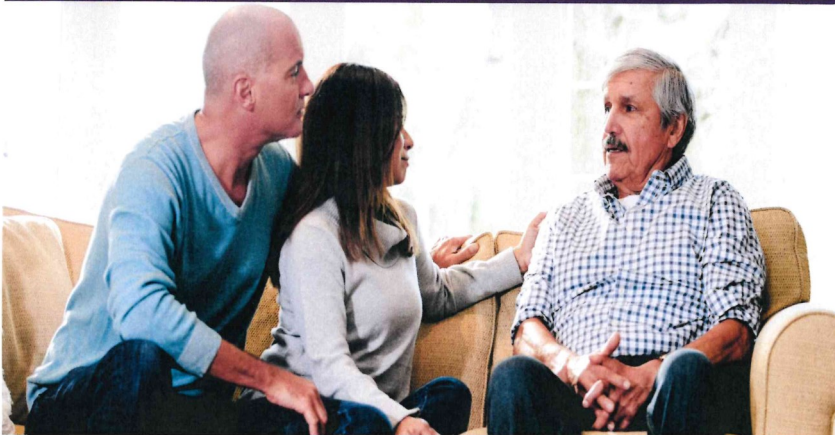
**Krapohl Senior Center**

5473 Bicentennial Dr.  
Mt. Morris, Mi 48458  
Just west of Clio Rd off  
Coldwater Rd

Please call to reserve your spot or for more information.  
810-785-2270

# DEMENTIA CONVERSATIONS

An education program presented by the Alzheimer's Association®



When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues.

**Topics covered in the program include:**

- » Going to the doctor
- » Deciding when to stop driving
- » Making legal and financial plans

**Thursday, April 25  
12:30 - 1:30 p.m.**

**Krapohl Senior Center  
5473 Bicentennial Dr G  
Mt Morris Township, MI 48458**

**To register:  
Call 800.272.3900 or  
Email [helplinegmc@alz.org](mailto:helplinegmc@alz.org)**

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

alzheimer's  association®

## Want to pass all your memories to your grandchildren?

### Learn how to write your Life Stories.

Have you ever wanted to write your memories or just get some of your good stories written down for future generations? This is for people who would like to preserve their stories for their children and grandchildren. This class is not about genealogy but about a written history of your life. This class is 10 sessions and will help you learn techniques and pointers to document your life story.

Sessions are on Tuesdays

Time: 3 - 5 PM

We need a minimum of 4 people for the class.

Call 810-785-2270 to sign up or for more information.

### Advanced Life Stories Class



Did you have more stories to add to your Life Stories? People who took the beginning class, are invited to come and complete your stories.

**Date:** Friday, April 12th & 26th, 2024

**Time:** 3-5 pm

Call 810-785-2270 to sign up or for more information.

**Are you stressed?  
Is it time to pamper yourself?**

**Relax with Lacey from Fenton Massage Co.  
You can enjoy a 15-minute, or longer chair  
massage and let the stress melt away.**

**Date:** Friday, April 26, 2024

**Time:** 3:30-5 pm

**Cost:** \$15 for 15 minutes

**(extra time is \$1 a minute)**

**(50 yrs. or older)**

**Appointment only. Call 810-785-2270 to sign up.**

### Digital Coupons



Do you have a smartphone? Do you know how to use it to get Digital Coupons?

Come and join us as Ryan teaches us all the ways to use this application. Bring your phones so we can do some hands-on training.

**Date:** Thursday, April 18, 2024

**Time:** 1 pm

Call 810-785-2270 to sign up or if you need more information.

## National Volunteer Week

April 21-27, 2023

Thank you to over 30 people that volunteer at Krapohl. Without you our jobs would be much harder. Thanks for keeping our center Rockin and Rollin!

**Please join us for lite dinner as a token of our appreciation.**

**Date:** Monday April 22, 2024

**Time:** 5:30 pm

Please call 810-785-2270 by Friday, April 19th to reserve your spot.

Volunteers are free and guest are \$7.00



Do you want to know what is happening in our township, but can't get to the board meetings?

Just go to "You Tube" then type in

Mt. Morris Twp. Board meeting. You can either watch it live or at a later time or day. If you don't have anyway of watching, we will replay the meetings on Wednesday following the meeting at 1 pm. Feel free to stop in and watch.

### Do you have a green thumb?

The Greenhouse was so successful last year that we're getting ready to do it all again! We need lots of people from February until the end of June. We are looking for volunteers to help us throughout the season. Stop by and see our greenhouse .

## US Postal Stamps

The Post Office rate for a First Class Mail Letter (1 oz.) is \$0.68 stamp/ \$13.60 a book..



For your convenience, books of postage stamps are available at the Krapohl Center.

## Recycle Household Batteries

Drop off your household batteries at the Krapohl Center.

We take AA, AAA, C, D, 9V, CR123A, button batteries, all other alkaline batteries.

Please tape both ends of button batteries so ends Do Not touch other batteries.

**NO Lead Acid Batteries, No Electronic Waste and No Lithium Batteries.** We will properly dispose of your batteries.

## KISS



### Keeping Independent Seniors Safe

Are you or your family and friends worried about you living alone?

The KISS program is a free telephone reassurance program for older adults who live independently and want to feel safer and more secure.

Call 810-249-6530 for more information and to sign up.

## Transportation Services

Let us do the driving for you!

If you need a ride to the center, doctor or grocery store and live in the Mt. Morris service area call Krapohl Senior Center at 810-785-2270 to schedule a ride. You must give at least 24 hour notice to be put on the bus schedule. Availability is based on a first come, first serve system. Our bus is available between 9:30 am and 1:30 pm., Monday - Friday. The Krapohl Center is unable to provide transportation for persons with wheelchairs.

### RECEIVE A DISCOUNT WITH A TRANSPORTATION PASS:

A ride from home to the center and home again is \$4 which equals \$40 for 10 trips. A transportation pass is \$30 for 10 trips. That's a \$10 savings with the pass. We offer an additional stop pass for those extra stops, for \$10.

Riders who need to make additional stops are charged \$.50 per stop that is not on your direct route. For example, If a rider comes to the center and then stops at the bank and then the store, the fee would be: \$4 +.50+.50=\$5.00 or 2 transportation punches and 2 additional stop punches.



## Special Services

### Ask the Attorney

Local attorney, Stephen Kennedy P.C .

He offers private consultations at the Krapohl Center every Thursday from 12:30 until 2 pm.

There is no charge for the 15 minute consultation.

Appointments are required. Call 810-785-2270.

### MMAP (Medicare Assistance Program)

If you need help determining MMAP qualifications make an appointment with Roxann by calling 810-785-2270.

Financial Requirements are:

2024 Extra Help Eligibility Low-Income Subsidy (LIS)

Individual \$1902 Assets \$17,220

Couple \$2575 Assets \$34,360

2023 Medicare Savings Program (MSP)

Single \$1660.25 Assets \$9000

Married \$2238.50 Assets \$13,630

### Notary Service

In need of a Notary?

We have one available.

Cost: \$5.00 per subject



Call 810-785-2270 and make an appointment with Sandy.

### Commodity Surplus Food Program

3rd Wednesday of the month **MUST** pick-up between 10 - 2 pm

- |   |                        |
|---|------------------------|
| For   | Need                   |
| ● People 60 + years of age                  | ● Proof of income      |
| ● Income less than \$1580 for family of one | ● Proof of family size |
| ● \$2137 for family of two                  | ● Proof of residency   |
|   | ● Photo Identification |



### Appointments Available Veteran Services

Genesee County Department of Veteran Services (810) 257-3068, will be holding appointments at these local senior centers to ensure that you get the benefits you're entitled to. This includes Agent Orange, Burial Allowance, Disability Compensation, Former POW, Persian Gulf Veterans, PTSD, and VA Home Loans. centers.

You may go to these centers for Veteran Services.

Swartz Creek Area Senior Center (810) 635-4122

Flushing Area Senior Center (810) 659-4735

Grand Blanc Senior Center (810) 695-3202

Loose Senior Center (810) 735-9406

Davison Senior Center (810) 658-1566

Clio Senior Center (810) 687-7260

Call us at 810-785-2270 and we can set up an appointment for you.

# Intellectual Wellness

## “What’s Next” Book Club

Come join us for some great discussions on our monthly book. Call 810-785-2270 for more information and to reserve your book.

**Date:** Wednesday, April 24, 2024

**Time:** 11 am

Book: “James Paterson 12th Of Never”



**It finally time! Detective Lindsay Boxer is in labor while two killers are on the loose.**

Lindsay Boxer’s beautiful baby is born! But after only a week at home with her new daughter, Lindsay is forced to return to work to face two of the biggest cases of her career.

A rising star football player for the San Francisco 49ers is the prime suspect in a grisly murder. At the same time, Lindsay is confronted with the strangest story she’s ever heard: An eccentric English professor has been having vivid nightmares about a violent murder and he’s convinced it is real. Lindsay doesn’t believe him, but then a shooting is called in-and it fits the professor’s description to the last detail.

Lindsay doesn’t have much time to stop a terrifying future from unfolding. But all the crimes in the world seem like nothing when Lindsay is suddenly faced with the possibility of the most devastating loss of her life.

## Get out your drumsticks and catch the beat!!

This class combines traditional aerobic movements with the powerful beat and rhythms of the drums that will also improve your physical health and neurological well-being. It is a great upper body exercise and it can be done sitting in a chair

**Date:** May 6, 2024

**Time:** 3:30 - 4:30 pm

**Cost:** \$3 if you have your own equipment - \$5 if you need to rent our equipment.

**Instructor:** Tory

Call 810-785-2270 to sign up.



## Axe Throwing

(No, they are not the real ones, but still lots of fun!!)

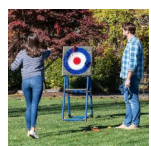
How good is your eye-hand coordination?

Ready to try the new game of Axe Throwing? Let’s get some teams together and have some fun!

**Date:** Thursdays

**Time:** 12 pm to 1 pm

The cost is free. Call the center at 810-785-2270 for more information..



Get your friends together and let see who can hit the BULLSEYE!



## Computer Assistance

Need help with your computer or smart phone? Don’t know if that text is real or a scam. Do you want to learn how to use Kroger or Meijer apps? Let us help you out. We offer one on one assistance to help you understand the technology world.

**Date:** Fridays

**Time:** 1-3 pm **by appointment only**

Call 810-785-2270 to get an appointment.

## Watercolor Painting

**Date:** Saturday, April 27, 2024

**Time:** 1 - 3:30 pm

**Cost:** \$10 includes supplies

**Instructor:** Karen

\*\*\*Minimum class size 5, Maximum 10\*\*\*

**Must sign up and pay by Wednesday April 24th.**

**Call 810-785-2270.**

**No refunds**

Learn new tricks and techniques with a new drawing each month.

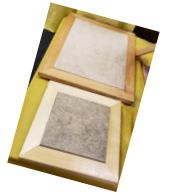
## Woodcraft Class with Johnnie Sue

**Date:** Wednesday, May 22, 2024

**Time:** 10 am

**Cost:** \$20

Back in May



Make your own Trivet . Beginners welcomed.

Maximum 4 people.

Call 810-785-2270 to reserve your spot and what item you want to make.

## When is the last time you tried your hand at Ceramics?

We are partnering with the Clio Center for the Arts to do a ceramics class. You will pick out a ceramic pieces like a vase or even a mug and then paint on the glaze, then into the kiln it goes to be fired. No experience is needed. We will be taking the bus to the Art center.

Cookies and coffee will be provided.



**Date:** Friday, April 19, 2024

**Time:** 11– 1 pm

**Cost:** \$10.00

Call 810-785-2270 to sign up and pay by April 17th.

## April Make and Take Cards with Rosemary

Would you like to try your hand at card making?

You will make and take home 4 different style cards with envelopes. Supplies are provided.

**Date:** Thursday, April 25, 2024

**Time:** 12 noon to 3 PM.

**Cost:** \$10

Must pay and sign up by April 22th. Call 810-785-2270 for more information.



## Health

### Foot Clinic - Now two days

Do your toenails need to be trimmed? Can't trim them yourself? Let Dr. Snyder do it for you. Call the center at 810-785-2270 for your appointment. Bring your photo ID and insurance card. Medicare pays for this service every nine weeks.

**Date:** Wednesday, April 10, 2024 (For returning clients only)

**Time:** 4:30 pm.

**Podiatrist:** Dr. Snyder

### Foot Clinic - New clients Only



**Date:** Monday, May 1, 2024

**Time:** 5:30 pm

Limited appointments available

### Haircuts

Appointment only. Call 810-785-2270 for an appointment.

**Date:** Friday, April 19, 2024

**Time:** 10:30 am – 12:30 pm

**Cost:** Women \$10 Men \$8

**Stylist:** Chandell



### How much do you weigh?

Did you know that the Center has a scale? If you are trying to lose weight and want to monitor yourself, feel free to hop on the scale here. Or, maybe you haven't weighed yourself for a long time and just want to know if you've gained weight during the Pandemic. The scale is in a private area so that no one will know but you. The scale is available 9:30am – 4:30pm Monday - Friday.

### Mani & Grannies

#### Do you have trouble painting your own nails?

Color Street is nail polish in a strip. It is an easy, one-step application for a brilliant, salon-quality manicure in minutes.

**Date:** Tuesday April 9th & 23rd

**Time:** 11 am – 1 pm

**Cost:** \$10

Call for an appointment 810-785-2270

## Blood Pressure & Diabetic Screening

**Cost:** Free

**Date:** Wednesdays

**Time:** 10 am – 12 pm

Call the center at 810-785-2270 for information

## Exercise

### Cornhole

**Date:** Thursdays

**Time:** 10:00 am

**Cost:** Free



shutterstock - 246276289

Call 810-785-2270 by Wednesday the day before to reserve your spot. Space is limited.

### Chair Yoga for the Mind, Body & Spirit

**Date:** Wednesdays

**Time:** 3:45 pm **Instructor:** Brenda

**Cost:** \$5/class (\$10 discount if paying by punch card)

Call 810-785-2270 and register for the class.

### Movin' & Groovin'

**Time:** W & F 10 am - 11 am

**Cost:** \$15 for 30 sessions or \$2.00 a session. **Monday classes start**

First session that you observe or participate in is free **back April 15th**

Next 15 sessions that you attend are \$2 per session

Next 30 sessions: whether you attend or not you must pay

\$15 in advance. This equals to .50 cents a session.



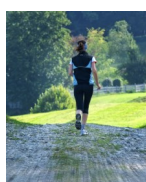
### Nature Walk

**Time:** Daily

**Cost:** Free

Grab a friend and come walk our nature trail.

Don't forget to stop in the center to swipe your card and say hi.



### Sit & Get Fit

**Fridays:** 11 am

Take back control of your health and improve your life through exercise. This will improve your balance and boost your metabolism.

Call 810-785-2270 to reserve your chair.

No Class April 12th

### Wii Bowling

New bowlers always welcome.

**Date:** Tuesdays

**Time:** 10:00 am

**Cost:** \$5 for 8 weeks

Space is limited so reserve your spot by calling 810-785-2270.



### The Fantastic

Admission \$5.00

### Totally Country

If possible, Please bring exact change.

### Easy Listening

## COUNTRY EXPRESS BAND

You are invited to the Krapohl Center  
Country Family music evening.

Food and Snacks available.

Thursdays 6:30 pm - 9:30 pm

# Activities

Please call to let us know if you are unable to attend the activity.

## Bunco

**Date:** Monday, April 22, 2024

**Time:** 12:45 pm

**Cost:** \$5

Please call 810-785-2270 early if you need to cancel.



## Bingo is Back

Bring your chips. We will be using paper cards.

**Date:** Wednesday, April 3rd, and 17th

**Time:** 12:30 – 3pm

6 cards for \$1.50 Extra cards \$.25 each

Call 810-785-2270 for more information

## Bid Whist!

No cards on April 19th

We play every week as long as we have enough players.

**Date:** Fridays

**Time:** 1 pm

This is a partnership trick-taking game. This means there will be 4 people in teams of 2. These teams will compete by betting and winning tricks. Call 810-785-2270 by 11 am



## Euchre Tournament

Sunday, April 28, 2024

2:00 - 5:00 pm

Cash Prizes Lite Lunch

**\$5 per person**

**Please call ahead for a lunch count!**

**Play starts promptly at 2 pm**

## Euchre

Mondays & Fridays @ 12:30 pm

Call 810-785-2270 to let us know you want to play.



## Tuesday Game Corner

Euchre, Double Pinochle or HKF  
Looking for people to play Double Pinochle.  
Pick your game - Pick your corner!

**Date:** Tuesdays

**Time:** 3-7 pm

Call 810-785-2270 to let us know that you are coming. This will help us with the set up.

## Join the Krapohl Ladies in Red

**Date:** Wednesday, April 17, 2024

**Place:** Krapohl - Fashion Show Rehearsal

**Time:** 1:00 pm



If you would like to eat lunch (12 noon) before the meeting, - please call 810-785-2270 to reserve your lunch. (Must call by Tuesday, April 16th at noon.)

## Line Dancing Beginners only



**Date:** Thursdays

**Time:** 1-2 pm

**Cost:** \$3.00

**Instructor:** Rosalie

Come and join us for some fun and laughter.

Call 810-785-2270 to reserve your spot, or for more information.

**The bus is available for the Restaurant and Dessert Clubs. You must call and sign up so we can make the bus available for your group and to let the venue know how many are coming.**

## Restaurant Club

**Date:** Wednesday, April 24, 2024

**Place:** Boston's Restaurant

**Time:** 3:30 pm (bus leaves center at 3 pm)

Bring a friend...Meet a friend!

**Please call by Monday April 22nd at 810-785-2270 to sign up, this helps us make a reservation. Meals are individually billed.**



## Traveling Dessert Club

**Date:** Wednesday, April 10, 2024

**Place:** Big Boy - Clio

**Time:** 1:30 pm

Join us each month for a dessert or just a chance to meet new people. You are responsible for your own bill.



**Please call by Monday, April 8th at 810-785-2270 to let us know who is going.**

## Senior Grocery Shopping Service

The Krapohl Center bus is available for seniors living in the Mt Morris area needing a ride to the grocery store.

Available times are from 10 am to 1:30 pm.

**Cost:** \$4 Round trip

**Walmart:** 2nd Wednesday

**Kroger:** 4th Wednesday

**Meijer:** 4th Friday

Must schedule your ride at least 24 hours in advance. Please

## Stitch in Time

### Quilters

Mondays @ 1 pm

Cost: FREE

Anyone interested in learning how to hand-stitch quilts is welcome.



## Woodcrafts

**Date:** Tuesdays & Thursdays from 1pm - 4 pm

**Cost:** Donation

Join skilled woodcrafters and work on your own project each week. Beginners welcomed. Maximum 4 people.

# April Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Taxes</b> <b>9 am</b> Euchre                 12:30 pm Quilters               1 pm Nature Walk	<b>2</b> Wii Bowling           10 am Woodcrafts           1 pm Life Stories           3 pm Game Corner          3 pm Nature Walk	<b>3</b> BP/BS                   10 am Movin & Groovin   10 am Bingo                   12:30 pm Chair Yoga            3:45 pm Nature Walk	<b>4</b> Cornhole               10 am Axe Throwing          12 pm Ask the Lawyer       12:30 pm Woodcrafts            1 pm Line Dancing          1 pm Country Dance        6:30 pm Nature Walk	<b>5</b> Movin & Groovin   10 am Sit & Get Fit         11 am Euchre                 12:30 pm Bid Whist              1 pm <b>Computer Class</b> <b>1 pm</b> Nature Walk
<b>8</b> <b>Taxes</b> <b>9 am</b> Euchre                 12:30 pm Quilters               1 pm Nature Walk	<b>9</b> Wii Bowling           10 am Mani & Grannies   11 am <b>Urgent Repair Program</b> 12:45 pm Woodcrafts            1 pm Life Stories            3 pm Game Corner          3 pm Nature Walk	<b>10</b> BP/BS                   10 am Movin & Groovin   10 am Dessert Club          1:30 pm Chair Yoga            3:45 pm Nature Walk <b>Foot Clinic</b> <b>5:30 pm</b> Walmart Shopping	<b>11</b> Cornhole               10 am Axe Throwing          12 pm Ask the Lawyer       12:30 pm Woodcrafts            1 pm Line Dancing          1 pm Country Dance        6:30 pm Nature Walk	<b>12</b> <b>Coffee Hour Rep. Jasper</b> <b>Martus</b> <b>10 am</b> <b>No</b> Movin & Groovin 10am <b>No</b> Sit & Get Fit     11 am Euchre                 12:30 pm Bid Whist              1 pm <b>Computer Class</b> <b>1 pm</b> Adv. Life Stories     3 pm Nature Walk <hr/> <b>13</b> <b>Ladies Indulgence</b> 11-4 pm
<b>15</b> Movin & Groovin   10 am Euchre                 12:30 pm Card for Kindness   1 pm Quilters               1 pm Nature Walk	<b>16</b> Wii Bowling           10 am Woodcrafts            1 pm Life Stories            3 pm Game Corner          3 pm Nature Walk	<b>17</b> BP/BS                   10 am Movin & Groovin   10 am <b>Commodities</b> <b>10 am</b> Book Club             11 am Bingo                   12:30 pm <b>Ladies in Red</b> <b>1 pm</b> Chair Yoga            3:45 pm Nature Walk	<b>18</b> Cornhole               10 am Ask the Lawyer       12:30 pm Axe Throwing          12 pm Woodcrafts            1 pm <b>Digital Coupon</b> <b>1 pm</b> Line Dancing          1 pm Country Dance        6:30 pm Nature Walk	<b>19</b> Haircuts               10 am Movin & Groovin   10 am Sit & Get Fit         11 am Ceramics              11 am <b>No</b> Euchre            12:30 pm <b>No</b> Bid Whist         1 pm Nature Walk <b>Fashion Show</b> <b>5:30 pm</b>
<b>22</b> Movin & Groovin   10 am Euchre                 12:30 pm Bunco                  12:45 pm Quilters               1 pm Nature Walk <b>Volunteer Dinner</b> <b>5:30 pm</b>	<b>23</b> Wii Bowling           10 am Mani & Grannies   11 am <b>HM Lunch</b> <b>12 n</b> Woodcrafts            1 pm Life Stories            3 pm Game Corner          3 pm Nature Walk	<b>24</b> <b>Secretary of State</b> <b>10 am</b> BP/BS                   10 am Movin & Groovin   10 am <b>Restaurant Club</b> <b>3:30 pm</b> Chair Yoga            3:45 pm Kroger Shopping Nature Walk	<b>25</b> Cornhole               10 am Make & Take card   12 pm Axe Throwing          12 pm Ask The Lawyer       12:30 pm <b>Dementia Conversations</b> <b>12:45 pm</b> Woodcrafts            1 pm Line Dancing          1 pm Country Dance        6:30 pm Nature Walk	<b>26</b> Movin & Groovin   10 am Sit & Get Fit         11 am Euchre                 12:30 pm Bid Whist              1 pm <b>Computer Class</b> <b>1 pm</b> <b>Chair Massage</b> <b>3 pm</b> Adv. Life Stories     3 pm Meijer-Birch Run Nature Walk <hr/> <b>27</b> <b>Maple Syrup Trip</b> <b>8:30 am</b> <b>Watercolor</b> <b>1 pm</b>
<b>28</b> Euchre                 2 pm <hr/> <b>29</b> Movin & Groovin   10 am Euchre                 12:30 pm Quilters               1 pm Nature Walk	<b>30</b> Wii Bowling           10 am <b>HM Lunch</b> <b>12 n</b> Woodcrafts            1 pm Life Stories            3 pm Game Corner          3 pm Nature Walk			Please sign up for GCCARD lunch so that we can continue our congregational lunch meals.  If we don't have 10 people signed up, they won't deliver.  <div style="text-align: right;">8</div>



Tired of eating alone? Would you like some company for lunch? Our bus is available if you need a ride.



Come visit the Krapohl Kafe' for lunch on Monday, Wednesday, Thursday and Friday. Bring your friends. If you need a ride call us. You can stay and join in the activities of the day. The meals are good. You must call the day before by noon to order your lunch and a ride for the next day.

A \$3.00 donation per meal is requested on Monday, Wednesday, Thursday and Friday for anyone 60 years and older. For anyone, under 60 years of age or living outside Genesee County, the cost is \$6.00.

Place your meal reservation by noon for a meal the next day. No exceptions!!

## Tuesday Home Cooking by Chef Ronnie

*"Lunch becomes a feast when shared with friends who bring joy to the table."*

Nutritious home cooked meals are on the lunch menu for Tuesdays. **Purchase a monthly punch pass for only \$24 - \$30 (based on number of weeks).**

**Cost:** \$6 per meal

**Must sign up by Friday for lunch on the next Tuesday! No exceptions.**



Chef Ron Iaquinto

If you cannot come, please cancel your reservation. 810-785-2270

### Congregate April Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Ketchup & Mustard Milk 	2 <b>Homemade Lunch</b> Reuben Sandwiches French Fries Salad Dessert	3 Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk	4 HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	5 Chef's Choice 
8 Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Mango & Papaya Milk Fortune Cookie 	9 <b>Homemade Lunch</b> Ham Carrots Home Fries Salad, Roll Dessert	10 Ham & Turkey Sub Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Sub Bun Dressing Packet Milk	11 BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice	12 HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk
15 Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk	16 <b>Homemade Lunch</b> Meatloaf Mashed Potatoes Cole Slaw Dessert	17 Swedish Meatballs Brown Rice Steamed Cauliflower Applesauce Garlic Breadstick Margarine Milk	18 HM Chicken Salad Sandwich Cucumber Salad Baked Beans Fresh Banana Sliced Croissant 100% Fruit Juice Cookie of the Month 	19 Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk
22 Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Milk 	23 <b>Homemade Lunch</b> Chicken & Beef Skewers Corn Potato Salad Dessert	24 Turkey Polish Dog Potato Wedges Mixed Veggies Diced Pears Hotdog Bun Mustard Packet Milk 	25 <i>Bon appetit</i> Chef's Choice	26 Chipotle Bowl w/Beef & Beans Mexican Rice Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk 
29 HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk	30 <b>Homemade Lunch</b> Chicken Stir Fry Rice Cole Slaw, Roll Dessert			

**For your Birthday** If you're 60+, join us during the month of your birthday for a free Tuesday lunch and receive your individual birthday cake. Call -810-785-2270 by the Friday prior to the Tuesday you would like to have lunch and reserve your spot. -

If you cannot come, please call to cancel your reservation.



# Travel

## Turkeyville

### ESCANABA IN DA MOONLIGHT *By Jeff Daniels*

**Date:** Wednesday, July 10, 2024

**Leave:** 9:30 am

**Return:** 5:30 pm

**Cost:** \$60.00 per person

**Deadline to sign up:** June 1, 2024



When the Soady clan reunites for the opening day of deer season at the family's Upper Peninsula camp, 35-year-old Reuben Soady brings with him the infamous reputation of being the oldest Soady in family history never to bag a buck. In a hunting story to beat all hunting stories, *Escanaba* spins a tale of humor, horror and heart as Reuben goes to any lengths to remove himself from the wrong end of the family record book.

## Maple Syrup Festival Shepherd, MI

**Date:** Saturday, April 27, 2024

**Depart:** Krapohl Center 8:30 am

**Return:** Approximately 5 pm

**Cost:** \$25 per person

Pancake & Sausage brunch included

**Reserve early as seats go fast!**

**Deadline: Must sign up and pay on or before  
Monday, April 22nd.**

Visit the Arts & Craft Fair, Flea Market, Quilt Show, wood carving exhibits, petting zoo plus much more.



Only a few  
seats left.

## Krapohl is partnering with Ann's Adventure.

### Tiger Night Game

Date: Wednesday, August 28, 2024

Cost: \$85.00 per person

**Deadline is July 25th.**

Departure: 4:30 p.m. from the Clio K-mart

Status: Seats available!

The Detroit Tigers will be playing the Los Angeles Angels for this night game. We have tickets along the third base side. We'll have supper at the ballpark on your own. The cost includes transportation and the game ticket. Dress for the weather. Sunblock is always a good idea for these summer games and a hat! **Comerica Park has gone cashless.** You must have a credit card to purchase food items or convert your cash to a card via machines.

### Tiger Day Game

Date: Thursday, September 12, 2024

Cost: \$85.00 per person

Departure: 9:30 a.m. from Clio Kmart

Status: Seats available!

**Deadline is August 9th unless bus fills up first.**

The Detroit Tigers will be playing the Colorado Rockies for this day game. We have tickets along the third base side. We'll have lunch at the ballpark on your own. The cost includes transportation and the game ticket. Dress for the weather. Sunblock is always a good idea for summer games! I highly recommend a hat. **Comerica Park has gone cashless.** You must have a credit card to purchase food items or convert your cash to a card via machines.

Call Krapohl at 810-785-2270 to sign up

## Purple Rose Theater

**"What Springs Forth"—A World Premiere by Carey Crim**

**Date:** Tuesday, August 20, 2024

**Leave:** 11:00 am

**Return:** 6:30 pm

**Cost:** \$60.00 per person

**Deadline to sign up:** July 25, 2024

Three middle-aged women, friends since college, embark on what was billed as a high-end wellness spa retreat only to discover one of them, with the help of her new business partner, has changed the itinerary to a wilderness survival camp. Can their friendship survive bears, forest toilets and one another? (Contains adult language & subject matter)  
**Lunch is on your own. There will be time for shopping as the show starts at 3 pm.**

## Travel Refund Policy

Refunds are only given if cancellation is within three days prior to the trip. Time must be allowed to contact people who may be on a waiting list.

**Reserve by mail: send check with name(s) of person(s) placing the reservation to: Heart of Senior Citizen Services, G-5473 Bicentennial Dr., Mt. Morris, Michigan 48458.**

**All trips are on a first-come, first-served basis with deposits required at sign-up. A reservation is made only when a deposit has been made.**

**The Krapohl Center Travel Program is open to anyone over the age of 21.**

**HEART OF SENIOR CITIZEN SERVICES**

**Krapohl Senior Center**

**Wellness in Aging Begins Here**

**Our Mission:** HSCS is a non-profit 501(c)3 organization dedicated to helping older residents of Genesee County accept and maintain the dimensions of “Wellness”, Independence and Dignity as their life-style.

**Our Vision**

To be the community leader and resource for addressing the diverse needs of older adults.

**Board of Directors**

Johnnie Sue Petrich	President
Larry Green	Vice President
Ken Sies	Secretary
Brenda Ashley	Treasurer
Deacon James Brown	Executive Trustee
Dale Daron	Trustee
Lynn DeVoll	Trustee
Ingrid Lewis	Trustee
Belinda Mack	Trustee
Elizabeth Melchor	Trustee
Ronda Simpson	Trustee

Executive Director: Karen Reid

The Krapohl Center does not discriminate against anyone requesting services or programs. Should you have a concern about the programs and services we provide, please write or call the Executive Director.

The HSCS is a private 501(c)3 nonprofit agency funded through donations, fundraisers, grants, Mt. Morris Township, Community Development Block Grants, Michigan Department of Transportation, and the Genesee County Senior Millage.

The Heart of Senior Citizen Services shall not discriminate against any person on the basis of age, race, color, sex, religion, physical handicap, national origin, or any other basis provided in federal, state, or local law, regarding any service performed by or for the HSCS.”

Title VI Coordinator, (810) 785-2270



This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.

**HSCS Board Meeting Dates**

All meetings begin at 4:00 pm and are held at the Krapohl Senior Center

- May 20, 2024
- July 15, 2024
- September 16, 2024

In the event of any changes to date, time or meeting venue every attempt will be made to notify the public of these changes. Please check website and Facebook for notices of meetings and or changes.

**HSCS Staff**

- Executive Director:** ..... Karen Reid
- Assist. Director/Program Coordinator:** ..... Sandy Tucker
- Social Work Technician:** ..... Roxann Braddock
- Office Clerk:** .....Sharon Benmark
- Transporter:**.....Emma Montague
- Maintenance:** .....Pam Green

**Visit us through Social Media**

Like us on our **New Facebook:**

[www.facebook.com/KrapohlSeniorCenter](http://www.facebook.com/KrapohlSeniorCenter)

or check our website at

[www.heartscs.org](http://www.heartscs.org).



**Krapohl Office Hours**

**Open 9 am- 5 pm**

**Monday—Friday**

**810-785-2270**

**Need to get rid of Old Medication?**

The following items are accepted at:

**Union Prescription, 11830 N Saginaw Rd, Mt. Morris 48458**

Non-controlled drugs/substances

Over-the-counter drugs

Medicated cough drops

Cold and flu medications

Vitamins and supplements

Prescription drugs

Pet medications

Medication samples

**NO LIQUIDS or NEEDLES**

You must take pills out of the bottles and put in a plastic zip lock bag.

There is a drop off box inside the store by the pharmacy. If you have any questions call 686-2900.

**Important Reminder!**

Please make sure you scan in with your center scan card or with your name and telephone number each time you come into the center. If you attend more than one event make sure you select each activity you are here for then hit Finish.



**STAY CONNECTED:** Join us on our website and social media! Want to keep up with what is happening at the Center? Staying current is more important now than ever! The best way to do that is by following our Facebook page ([www.facebook.com/KapohlSeniorCenter](http://www.facebook.com/KapohlSeniorCenter)) or our website ([www.heartscs.org](http://www.heartscs.org)). You can find the latest updates and even download the monthly newsletter. Make sure you “like” our page before you leave to get the most recent updates!

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## Krapohl Senior Center

Information & Referral  
 Health Education & Programs  
 Support Network  
 Classes  
 Games  
 Travel  
 Food  
 Friends  
 Fun !

Call 785-2270



Did you get a new phone number or Have you moved to a new location??  
 When any of these happen, please let us know so that we can update your information. All you need to do is call us at 810-785-2270 or stop in and let us know.